

How to Potty Train Your Toddler — On Their Terms

Because potty training shouldn't be a power
struggle — or a laundry marathon



A readiness-based guide for parents who want potty
training to feel safe, successful, and on their child's terms.

A SMALL NOTE

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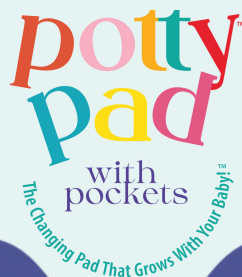
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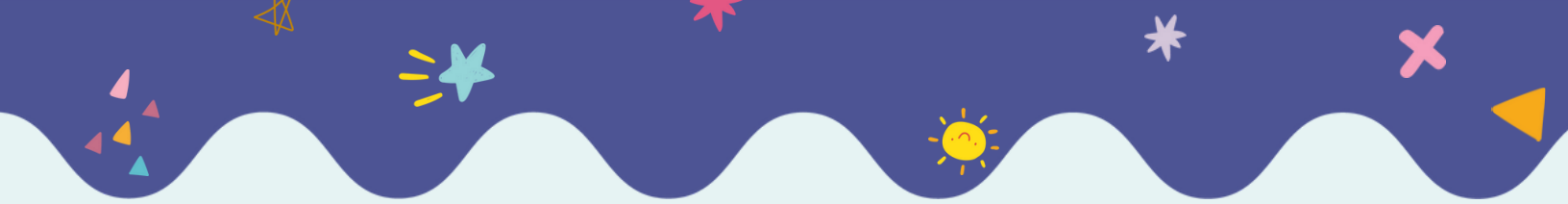
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Tiny disclaimer: I'm not a medical professional, just a parent who's been there (and survived). This is real-life advice, not medical advice. If you're worried about your child's health or development, always talk to your pediatrician.

Contact: www.pottypadwithpockets.com
We've got your back(side), always.



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🚫 WHY RUSHING POTTY TRAINING CAN BE RISKY

Potty training is a milestone—not a race. We don't expect a baby to crawl, walk, or talk in a set number of days — so why do we pressure potty training to fit into a rigid timeline?

- Most children develop the ability to control bowel and bladder between 18 months–3 years.
- The average potty training age is 27 months—but that's an average, not a finish line.
- Readiness varies based on temperament, gender, developmental speed, and personality.

Forcing your toddler to be fully trained in a set number of days can backfire, leading to:

- Physical strain – If a child's sphincter muscles aren't ready, holding or forcing can cause constipation, UTIs, or accidents that undermine progress.
- Emotional resistance – Pushing too soon can make the potty feel scary, triggering power struggles.
- Regression – Even if they “get it” quickly, a rushed start can lead to setbacks when new changes (like a new sibling) happen.

When potty training happens before your toddler's mind and body are ready, you're not just cleaning more mess—you could be creating a longer road ahead.

- ✓ Yes, children should reach milestones within a general range.
- ✓ Yes, if progress is far outside those ranges, it's wise to seek medical advice.
- ✓ But also — trust your intuition. You know your child best.



Signs of Readiness: Is Your Toddler Ready?



Every toddler is different. Here are some key readiness signals to look for before diving in:

- Stays dry for 2+ hours or wakes up dry from naps.
- Notices (or dislikes) being wet or dirty.
- Can pull pants up and down with little help.
- Shows interest in the potty, toilet, or watching siblings/parents.
- Understands and follows simple instructions.
- Communicates through words, gestures, or facial expressions when they need to go.

👉 If most of these are happening, your child may be ready to start!

Potty Training Gear (and Why It Helps)

Transparency check: a few links in here are affiliate links. If you shop through them, I get a tiny commission (think: coffee money). It helps me to keep creating parent survival tools without adding to your cost.

Introduction Tools:

 **Child-sized potty chair** → Best for introducing your toddler to potty training. Place it in the room where your toddler spends the most time (living room, playroom, etc.). This makes it easy to use and reduces resistance. Many toddlers are scared of the loud flushing noise — starting here builds confidence without fear of regression.  [Shop it here](#)



 **Potty Chair liners** → Mess-free cleanup. Just lift, tie, and toss after each use — especially helpful when the potty chair is in the main living area.  [Shop it here](#)

Transition Tools:

 **Potty Seat for the Big Toilet** → Once your toddler is getting the hang of potty training, move to the big potty. Bonus: no bathroom clutter, and guests don't have to remove training lids — just lift the seat. Explain how the toilet works ("Where does the pee and poop go?"). The more they know, the more comfortable they'll feel.  [Shop it here](#)

 **Step Stool (for toilet & sink)** → Helps toddlers climb up safely and encourages independence with flushing and handwashing.  [Shop it here](#)

 Potty Training Gear continued on the next page...



Potty Training Gear (continued)

Clothing & Basics:

 **Elastic waist pants** → Quick on/off for fast potty breaks.

 **Training underwear** → Lets toddlers feel wetness, which speeds up awareness.

 **Pull-ups** → For naps and nights when full training isn't realistic.

Clean-Up Helpers:

 **Flushable wipes** → Gentle cleanup for little bottoms.



 **Waterproof mattress cover** → Stress-free sleep protection.

 [Shop it here](#)

 **Potty Pad with Pockets™** → Perfect for sudden “oops” moments at home or out. Doubles as a toddler changing station since little ones outgrow changing tables but not accidents.

 [Shop it here](#)

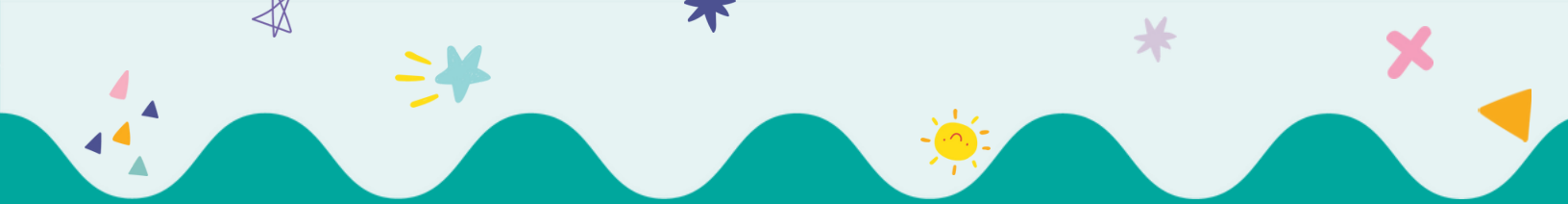
Motivation & Connection:

 **Potty training storybook** → Helps toddlers learn by watching familiar characters.

 [Shop it here](#)

 **Sticker chart or praise system** → Makes progress fun.

 **Hugs, high-fives, and patience** → The best motivators of all.



How to Potty Train Your Toddler — Simple Steps

Step 1: Watch for Readiness

Look for signs: longer dry times, noticing dirty diapers, showing interest in potty, or copying siblings.

Step 2: Create a Routine

Offer potty time after meals, before naps, at bedtime, and first thing in the morning. Predictable routines build comfort.

Step 3: Practice Sitting

Start with the child-sized potty chair in the room where your toddler plays. This makes it easy to use and reduces resistance. If they're scared of the toilet's flush, stay with the potty chair until they gain more knowledge and comfort. Place a Potty Pad with Pockets™ under the potty chair to catch splashes and accidents — no more stressing over rugs, couches, or floors.

Step 4: Transition to the Big Toilet

Introduce the potty seat and stool once your toddler is confident. Teach them how the toilet works and answer their questions ("Where does pee and poop go?"). Knowledge builds comfort.

Step 5: Celebrate Every Success

Clap, hug, or add a sticker. 📖 Storybooks and 📅 reward charts make potty time fun. ❤️ Encourage effort, not perfection.

Step 6: Handle Accidents with Ease

Toddlers outgrow changing tables, but not accidents. Potty Pad with Pockets™ doubles as an instant toddler changing station — on couches, beds, rugs, or even in the car. Wrap, toss, and move on. Having stress-free cleanup tools helps you stay calm, and your calm teaches your toddler to handle accidents with confidence too.



How to Use Potty Pad with Pockets™ at Home

Toddlers grow out of their changing tables around age 1–3, but accidents don't stop. Potty Pad with Pockets™ gives you a stress-free safety net.

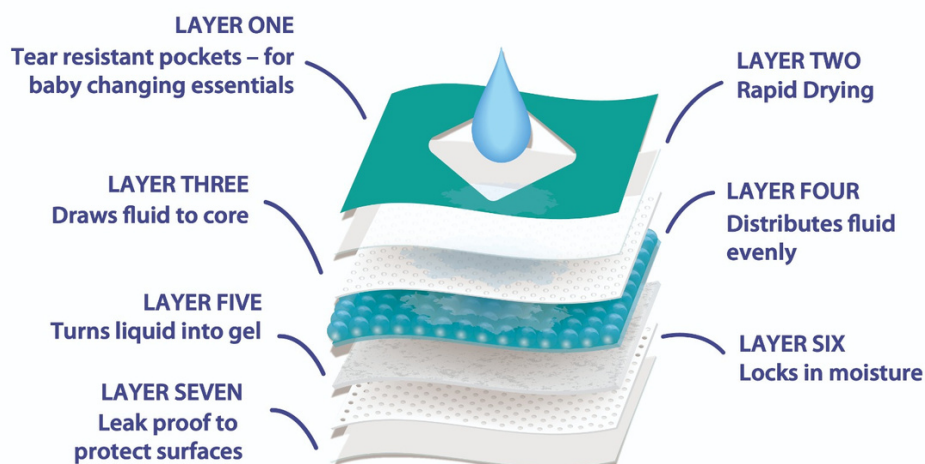


- On the couch — For pull-up free moments or quick changes without leaving the room.
- Under the potty chair — For first-time tries or near misses (no more scrubbing floors).
- Bedtime protection — Turn any bed into a full changing station.
- Floors & rugs — Protect carpets and tiles from the chaos of learning.

This pad helps you stay calm, clean up fast, and focus on connection — not cleanup.

On-the-Go Protection

- Clean changes anywhere the road takes you — daycare, public restrooms, or mid-trip potty accidents.
- The only disposable pad designed specifically for potty training toddlers (ages 1–3).
- Built with 7-layer Leak-Lock™ protection to stop leaks, smells, and stress.





Built-in Pockets: How It Works (Step by Step)



Step 1: Pre-Pack & Fold for Easy Storage

Load wipes, pull-ups, spare underwear, or even a fresh outfit right into the built-in pockets before you go. Once packed, simply fold it up and tuck it into your bag, the car, or even keep it in the living room. That way, it's always ready to unfold into your instant changing station—anywhere, anytime.

Step 2: Change Easily

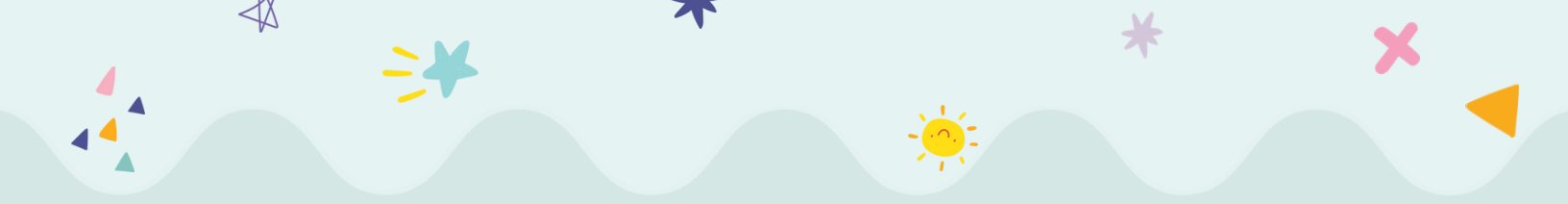
Unfold the pad and have everything within reach — no scrambling mid-change.

Step 3: Contain the Mess

Tuck dirty wipes and used pull-ups into the built-in pockets so your toddler can't grab the mess, step in it, or roll around in it mid-meltdown. Keep mess where it belongs — contained and out of reach.

Step 4: Wrap & Toss

When you're done, simply wrap it up and toss it. Fast cleanup, no leaks, no laundry.



For Parents — Reset Before You Rage

Potty training is a test of patience.

Accidents on the rug. Endless “NO’s.” Refusals right after you just asked. It’s normal to feel frustrated.

That’s why I created the Rage Reset Guide — a companion tool for parents in the toddler trenches.

Inside, you’ll find:

- Quick strategies to calm down in the middle of a meltdown (yours or theirs).
- 5-minute self-care rhythms to help you reset when stress builds.
- Gentle prompts to remind you that you’re not failing — you’re just human.

👉 [Get your copy here: Rage Reset Guide](#)

Because your toddler isn’t the only one learning something new — you’re learning how to guide with patience, grace, and a reset when you need it.

♥ Encouragement + Final Word

Potty training is a journey you and your toddler take together. Some days will feel like a win, others like a mess (literally). That doesn't mean you're failing — it means your toddler is learning.

Celebrate small wins, laugh off the chaos, and remember: progress is rarely a straight line.

Your toddler's body and brain will let you know when they're ready—and when they are, progress happens faster and with fewer battles.

Until then, prepare the environment, not the timeline.

Keep it clean, keep it calm, and keep your sense of humor.

And when the “oops” moments happen (because they will), you'll be glad you have Potty Pad with Pockets™ on standby.

👉 [Shop it here](https://www.pottypadwithpockets.com)

